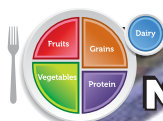


# Dave's Herb-Stuffed Mushrooms

**SERVES 4**

## INGREDIENTS:

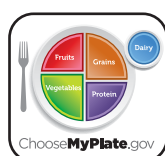
- 8 large mushrooms (approx. 3" diameter)
- 4 cloves garlic
- ¾ cup white onion
- 3 tsp olive oil
- ½ tsp dried parsley
- ½ tsp dried sage
- ½ tsp dried rosemary
- ½ tsp dried thyme
- ¼ cup whole-wheat bread crumbs
- ¼ cup sun-dried tomatoes, chopped fine
- ¾ cup canned, drained, no-salt-added chickpeas (garbanzo beans)
- 1 tsp lemon juice
- cooking spray



## INSTRUCTIONS:

1. Preheat oven to 375 °F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
3. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.
4. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on baking sheet.
9. Bake for 15-18 minutes or until the stuffing is golden brown.
10. Remove from oven, sprinkle with an herb of your choice, and enjoy.

## My Recipe Details (per portion)



**Total Calories** 209 Calories

### Food Groups

- Grains ½ oz
- Vegetables 1½ cups

### Nutrient Info

Carbohydrate	35 g
Dietary Fiber	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	130 mg

Nutrition analysis by SuperTracker.usda.gov